



D I A R E L E A S E

TENNESSEE
DEPARTMENT OF MENTAL HEALTH &
MENTAL DISABILITIES

FOR IMMEDIATE RELEASE
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FEELING STRESSED OR ANXIOUS? GET HELP! NATIONAL DEPRESSION SCREENING DAY IS OCTOBER 8TH

NASHVILLE . With unemployment on the rise, many Tennesseans find themselves feeling edgy, worried, and sad. It is common to experience extra stress during tough financial times, but when these negative feelings persist and prevent you from doing daily activities and interacting with others, it could be a sign of a more serious condition.

The Tennessee Department of Mental Health and Developmental Disabilities would like for Tennesseans to be aware of National Depression Screening Day on Thursday, October 8, 2009. Screenings are free and open to the public. Participants can take an anonymous test to check for signs of depression or a related disorder, and resources will be available on how to seek affordable help.

TDMHDD is sponsoring free depression screenings on Thursday, October 8th in Conference Rooms A and B in the Cordell Hull Building, 425 5th Avenue North, Nashville from 11 a.m. . 2 p.m. Appointments can be made by calling 1-800-560-5767 or 615-532-6700. Walk-ins are also welcome, and all screenings are confidential. Those persons interested in doing a free online screening can visit www.mentalhealthscreening.org.

It is so important that persons feeling down for a long period of time due to multiple environmental stressors seek the needed assistance that can help them address these feelings. Times will get better, +stated TDMHDD Commissioner Virginia Trotter Betts. It is completely normal to be fearful, angry, or shocked about losing your job or your house. If you find yourself withdrawing from daily activities, it is important to know that there are people out there who care and want to help. +

Some facts about depression:

- Each year, depressive disorders affect approximately 9.5 percent of Tennesseans age 18 and older.
- A depressive episode may be triggered by trauma, loss of a loved one, or hard financial times. Subsequent depressive episodes may occur with or without an obvious trigger.
- More than 80 percent of people with clinical depression can be successfully treated.
- Along with seeking professional help, maintaining a healthy diet, regular sleep and exercise schedule, and refraining from excessive alcohol and substance use aid in successfully addressing stress, depression, and anxiety.

(More)

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